

Aging, like
everything,
happens within a
cultural context:
One shoe does
not fit all!

- Aging is perceived and treated differently by different cultures
- Kind of care aging person receives as well as access to support and to care too often vary depending on cultural affiliation(s)/identification
- Many individuals have no input into the kind of care they receive, where they live, who cares for them when they can no longer live independently

Who Trains the Support Team

- What is in place to enhance understanding of cultural differences, nuances, and importance to supporting individuals aging in place
- Are there extant standards/requirements/ or supervision of support team to ensure appropriate cultural competence, respect, and accommodation
- Is family involved—“Family” may not be traditional famil
- Are individuals given space to celebrate cultural traditions, faith practices, holidays, etc.?
- If special requirements, e.g., diet, do they include traditional foods

Keep Individuals Engaged

- What activities were/are they involved in
- What are their favorite leisure activities
- Church, social, service organizations
- Favorite music
- Friends
- Social engagement
- Do not make assumptions—activities must reflect cultural traditions
- One size does not fit all!!

Examples of Resources

(not an
exhaustive
list)

- Flavia Walton, PhD, Lead, South County Dementia Friendly America, Prince George's, MD and Coordinator, Dementia Friends Maryland Info@dementiafriendlysouthcounty.org
- Alzheimer's Association www.alz.org
- Pickett Fences Senior Services, Prince George's County, MD www.pickettfences.org
- The Alter Program <https://alterdementia.com>
- Us Against Alzheimer's www.usagainstalzheimer.org
- National Institute on Aging, National Institutes of Health www.nia.nih.gov
- Prince George's County Department of Family Services, Aging and Disabilities Services Division www.princegeorgescountymd.gov/1644/Older-Adult-Servoces
- National Caucus and Center on Black Aging contact@ncba-aging.org